MEMBERSHIP RATES

ODU Students: Semester

<table>
<thead>
<tr>
<th>Category</th>
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<tr>
<td>fees – NO ADDITIONAL COST</td>
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<tr>
<td>Student Plus One (spouse,</td>
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<td>partner, dependent)</td>
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Faculty/Staff: Monthly

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Faculty/Staff: Semester

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University Friends

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Retirees/Alumni

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MEMBERSHIP SERVICES

Old Dominion University Recreation & Wellness offers programs, facilities and services for members to promote healthy and active lifestyles. Recreation & Wellness allows the modern mind to thrive in a changed atmosphere, where life overflows with activity, sport and movement of all kinds. Whatever moves you, you can find it here.

** All memberships are paid monthly via auto-draft or payroll deduction. Payroll deduction is only available to qualified ODU employees.

BENEFITS

- Unlimited use of the Fitness Center with state-of-the-art equipment and free weights, as well as cardiovascular equipment
- Access to certified personal trainers
- Men’s & women's locker rooms
- Gymnasium with three basketball courts
- Unlimited group exercise, yoga, and Pilates classes
- Wellness seminars and challenges
- Unlimited group cycling classes
- Water fitness classes
- Use of the racquetball courts
- Rock climbing wall and clinics
- Lap swimming
- Complimentary fitness assessments
- Outdoor Adventure Center
- Volleyball courts
- Table tennis
- Use of the University Fitness Center (UFC)
- Tennis membership upgrade

GUEST POLICY

Guest passes may be purchased at the Student Recreation Center. All guests must fill out a guest agreement form prior to using the facility. Guests must be 18 or older, verified by a government issued picture ID in order to get access to the facility. Maximum of 12 passes per person per calendar year.

Day Pass: $7

LOCKER RENTAL

Membership Locker Rates:

- Semester: $25
- Annual: $60

*Semester locker renewals must be purchased within one week of expiration date. All items must be removed by expiration date. All items not removed will be removed by the SRC and kept for a maximum of 30 days.

**All memberships are paid monthly via auto-draft or payroll deduction. Payroll deduction is only available to qualified ODU employees.

FACILITY RULES & REGULATIONS

- A valid ODU identification card or membership card must be presented each time you enter the facility.
- A band scan with the biometric scanners is required upon entering the facility.
- Only those 18 and older are permitted to use the facility.
- Proper workout attire must be worn at all times: boots, heels, Crocs, open-toed/open-heeled shoes, or flip-flops are not permitted while using the facility; a shirt must be worn at all times while in the facility; jeans or pants containing buttons or zippers are not permitted while using the facility; no disruptive clothing (displaying alcohol or cannabis) or jewelry that swings loosely away from the body is permitted.
- Headphones must be worn while listening to portable players.
- Weights must be returned to proper location after use.
- All machinery must be wiped down after use.
- All medicine and exercise balls and mats must be returned to their proper location.
- Safety clips must be used on all free weights.
- Emergency clip must be worn while on treadmills.
- Please ask for a spotter when needed.
- Skateboarding and rollerblading is not permitted within the facility.
- Cleats of any kind are not permitted to be worn in the MAC Gymnasium.
- Food is not permitted in the gymnasiums, fitness floor, studio rooms or racquetball courts.
- Alcohol, non-prescription drugs and tobacco products are not permitted in the facility.
- The use of steroids and other illegal substances is prohibited.
- Modifications of equipment beyond its designed purpose are prohibited.
- Chalk is prohibited in the facility.
- Spitting is prohibited.
- Weapons (knife, gun, etc) are not permitted on the property at any time.
All OAP trips have a MANDATORY pre-trip meeting that will occur the Sunday evening prior to the trip.
*Meeting day and times are subject to change
For additional info please contact Mike McFall at mmcfall@odu.edu
Registration begins the first Monday of academic classes at the Student Recreation Center’s Outdoor Adventure Center.

**FREEDOM PARK MOUNTAIN BIKE**
Date: Sunday, April 17; Saturday, June 11
Join us for a day on the trails as we shred through switchbacks and hills on this awesome mountain biking excursion! You will also learn all the fundamentals of riding a mountain bike, including hand signals, shifting gears, and proper riding etiquette all while enjoying the lush scenery of Freedom Park! Bike riding ability is required. Trip includes Trip Leaders, transportation, park entrance fees, and bike equipment.
Cost: ODU Student: $10
Registration Deadline: April 10; June 5

**NORTH END SURFING**
Date: Saturday, May 28
Forget the coffee! Start your morning right with an early morning Surf session! No experience is necessary as our trip leaders will help you in learning the waves and teach you how to get up on your board. Swimming ability is required. Trip includes Trip Leaders, transportation, and surfboards.
Cost: ODU Student: $10
Registration Deadline: May 22

**OAP OUTWEST ADVENTURE**
Date: Monday, May 16 - Tuesday, May 24
Stay tuned for more details!

**MANCHESTER WALL CLIMBING**
Date: Saturday, June 4
This climbing trip will teach you the fundamentals of climbing and body movement, while showing you the natural beauty of climbing in the outdoors! You will be climbing on the remains of an urban train trestle that once supported trains crossing the James River to Richmond. The trip includes transportation, climbing and camping equipment, instruction, and trip leaders.
Cost: ODU Student: $15
Registration Deadline: May 29
4TH ANNUAL ODU TRIATHLON AND SUPERHERO SPLASH & DASH

Date: May 22; 9:00am - 12:00pm
Location: SRC

The 4th Annual ODU Triathlon will incorporate swimming, biking and running around the ODU campus. This event has been sanctioned by the USA Triathlon Series as part of their ‘Retro Race Series’ for 2016. All levels are welcome and the event is friendly to para-athletes and all athletic abilities.

The Super Hero Splash and Dash is our youth event including a swim and run portion. Youth ages 6-14 are welcome to participate. The event is friendly to para-athletes and athletic abilities.

For more information contact Tamara Morgan, Assistant Director of Fitness & Wellness at tmorgan@odu.edu.

LOOK FOR MORE EVENTS COMING UP IN OUR FALL 2016 GUIDE!
SPORT CLUB STAFF – sportclubs@odu.edu
- Jean Holt, Assistant Director, jholt@odu.edu
- Zach Twitchell, Graduate Assistant, ztwitch@odu.edu
- Spencer Barger, Sport Club Manager
- Gabby Cunningham, Sport Club Manager
- Bianca de Angelis, Sport Club Manager
- Deja Goode, Sport Club Manager
- Ben Mason, Sport Club Manager
- Charlene Mason, Sport Club Manager
- Marquan Stith, Sport Club Manager

SPORT CLUB EXECUTIVE BOARD – sportclubs@odu.edu
- D’Andra Seymour, President
- Rachel Cheatham, Vice-President
- Abby Barger, Secretary
- Hope Allen, Special Events

*Must be an ODU student to participate in Sport Clubs

CLUB SEASON: September - December

LOOK FOR MORE EVENTS COMING UP IN OUR FALL 2016 GUIDE!

BENEFITS
The ODU Sport Club program is open to ODU students currently, and continuously enrolled in a minimum of 6 credit hours. Benefits of participating in a collegiate sport club include the development of student leadership skills, a team-oriented environment, enhanced physical fitness, development of skills in a particular sport, stress reduction and friendships.
PRE-SCHOOL LEVEL SWIM LESSONS
Preschool Level 1 - This course is for children ages 3.5 - 5 years old. The goal is to familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills such as safe entries and exits into water, blowing bubbles, retrieving objects underwater, floating, and beginning simultaneous arm and leg motion.

Session 1: June 6 - June 24: Mondays and Fridays; 5:15- 5:45pm
Session 2: June 11 - July 29: Mondays and Fridays; 5:15 - 5:45pm
Cost: Member - $30; Non-Member - $35;
Non-Member Cost - $50

ADULT SWIM LESSONS: BEGINNER
This American Red Cross course is for individuals 18 years and up who are learning the basics for swimming. Participants will learn how to float, submerge completely, and propel themselves through the water on both front and back using the front and back crawl. The goal is to be able to swim a specific length (25 yards) and feel comfortable in deep water.

Session 1: June 6 - June 27: Mondays; 7 - 7:45pm
Session 2: July 11 - August 1: Mondays; 7 - 7:45pm
Session 3: April 6 - April 27: Wednesdays; 8:15 - 9pm
Cost: Member - $30; Non-Member - $45

PRIVATE SWIM LESSONS
Private Swim Instruction is meant for those who are looking for one-on-one instruction from a certified American Red Cross Water Safety Instructor. All Lessons are 30 minutes in length and time will be determined based on the availability of the participant and instructor. Participants can choose six or twelve lessons. All lessons must be cancelled with the instructor at least 24 hours prior to the scheduled lesson time.

Please note: ALL participants must be 4 years of age or older. Additionally, private swim lesson requests take a minimum of 2 weeks to schedule due to restrictions in instructor availability. Payment is DUE the day of your first lesson.

PARENT/CHILD SWIM LESSONS
Familiarize children between ages of 6 months and 3 years with the water and teach swimming readiness skills. Provide safety information for parents and teach techniques parents can use to orient their children to the water. Some skills taught are blowing bubbles, underwater exploration, submersion, front and back glides.

Session Dates:
June 4 - July 16: Saturdays: except July 2nd;
10:15 - 10:45am
Cost: Member - $30; Non-Member - $45

AMERICAN RED CROSS CHALLENGES
American Red Cross challenges are meant for those who are in need of a re-certification for an American Red Cross certification (ex. If your certification will expire in 3 months and want to get it re-done without sitting through a full class.) These challenges are meant for First Aid, CPR, AED or Lifeguarding certifications. A challenge consists of taking a written examination and demonstrating the practical rescue skills required for the certification.

Summer Semester Only: May 21 - August 15
Frequency: 1-3 hours depending on which certification needed and on a need basis

Time: Based on instructor availability
Cost: Student - $75; Member - $75; Non-member - $90

CPR/FA/AED FOR THE LAY RESPONDER
The American Red Cross CPR/FA/AED for the Lay Responder class teaches participants to recognize and respond appropriately to emergency cardiac, breath, and first aid emergencies and provide immediate care to victims until more advanced medical personnel arrive and take over.

Session Dates:
Cost: Student - $90; Member - $95; Non-Member - $110

YOUTH LEARN TO SWIM LESSONS
Youth - This American Red Cross Course is for participants 6 years to 12 years of age. Participants will learn elementary skills such as floating, blowing bubbles, gliding, simultaneous arm and leg motions, as well as treading and basic swim strokes. Lessons are designed to run in sessions consisting of 30 minute lessons with five minutes of wrap-up and parent discussion.

Session 1:
June 6 - June 24: Monday & Friday; 6 - 6:35pm
Session 2:
July 11 - July 29: Monday & Friday; 6 - 6:35pm
Cost: Student - $30; Member - $35; Non-Member - $50

PARENTAL SWIM LESSONS: BEGINNER
This American Red Cross course is for individuals 18 years and up who are learning the basics for swimming. Participants will learn how to float, submerge completely, and propel themselves through the water on both front and back using the front and back crawl. The goal is to be able to swim a specific length (25 yards) and feel comfortable in deep water.

Session 1:
June 6 - June 27: Mondays; 7 - 7:45pm
Session 2:
July 11 - August 1: Mondays; 7 - 7:45pm
Session 3:
April 6 - April 27: Wednesdays; 8:15 - 9pm
Cost: Member - $30; Non-Member - $45

PARENTAL SWIM LESSONS: INTERMEDIATE
This course is for parents and children ages 6 months to 12 years old. Participants will learn basic swimming techniques and how to perform elementary rescue skills such as floating, blowing bubbles, gliding, simultaneous arm and leg motion.

Session Dates:
May 21 - August 15
Frequency: 1-3 hours depending on which certification needed and on a need basis

Time: Based on instructor availability
Cost: Student - $75; Member - $75; Non-member - $90

PRIVATE SWIM LESSONS
Private Swim Instruction is meant for those who are looking for one-on-one instruction from a certified American Red Cross Water Safety Instructor. All Lessons are 30 minutes in length and time will be determined based on the availability of the participant and instructor. Participants can choose six or twelve lessons. All lessons must be cancelled with the instructor at least 24 hours prior to the scheduled lesson time.

Please note: ALL participants must be 4 years of age or older. Additionally, private swim lesson requests take a minimum of 2 weeks to schedule due to restrictions in instructor availability. Payment is DUE the day of your first lesson.

Summer Session:
May 8 - August 5
Student Cost:
6 Lessons - $70
12 Lessons - $130
Member Cost:
6 Lessons - $75
12 Lessons - $140
Non-Member Cost:
6 Lessons - $130
12 Lessons - $250

LIFEGUARD CERTIFICATION COURSE
Date: June 10 - June 12;
Friday: 5:15 -11pm
Saturday: 8am - 6pm
Sunday: 8am - 12
The American Red Cross lifeguard certification course will certify participants in the following: Lifeguarding, First Aid, AED, and CPR for the Professional Rescuer.
Pre-Requisites that must be passed for participant to continue:
- Swim front crawl 300 yards continuously
- Tread water for 2 minutes using legs only
- Complete a timed brick retrieval within 1 minute, 40 seconds.
- Refunds will not be issued unless the class you have registered for is cancelled, full, or if the participant fails the pre-requisite swimming requirements. Then, all but $50 will be refunded. The SRC reserves the right to cancel classes for which fewer than three students have registered.
Cost: Student - $195 Member - $200;
Non-Member - $235

SWIM TO RIO
Date: June 5 - August 5;
During open swim hours.
Come celebrate the 2016 Rio Olympics by trying to swim to Rio De Janeiro from the Student Rec Center. It is 4,641.59 miles from ODU to Rio. Come swim and track your laps to see if you can swim to Rio. The J.C. Scrap Chandler Pool is 25 yards (75 feet) from one wall to the other (or one length). One lap is 50 yards or 150 feet. To convert from yards to miles, multiply the amount of yards * .000568. For example, 100 yards or 2 laps or 4 lengths=.0568 miles. Record sheets will be available in the locker rooms and will be collected and input into a spread sheet. Come earn yourself a gold medal. Free to students, members, and non-members.
LEAGUES

LOOK FOR MORE EVENTS COMING UP IN OUR FALL 2016 GUIDE!

TEAM TOURNAMENTS

SINGLE TOURNAMENTS

SPECIAL EVENTS

Intramural Online Registration Procedures:
Intramurals Registration will be online at www.imleagues.com/odu. All participants must create an account. Teams must select their play time on a first-come, first-serve basis, as leagues and tournaments have limited space.

Awards:
All individual and team champions will receive a champion t-shirt at the end of the season.

Captains Meeting:
In person Captains meeting dates and times are available on imleagues.com. Each participant will be required to pass the quiz prior to participating.

League Divisions:
Men’s/Women’s/Co-Rec/ResLife/Greek
A Division: Highly Competitive Level
B Division: Competitive Level
C Division: Fun Level

League Definitions:
Co-Rec: You must play with an equal number of men and women on the field/court or a difference of only one more man than woman or vice versa.
Greek: Teams from affiliated fraternities and sororities.
Res Life: Teams from affiliated Residence Halls.
WATER SPORTS

- Stand Up Paddleboard (w/Paddle & PFD): $8
- Sit-on-top Kayak (w/Paddle & PFD): $1
- Kayak Paddle: $8
- Canoe (w/Paddle & PFD): $1
- Canoe Paddle: $1
- Dry Bag: $3
- Kayak/Canoe Carrier: $8
- Surfboard w/fins: $8
- Wetsuit: $1
- Cooler: $2
- Cook Kit: $1
- Utensils: $1
- Coleman 2 Burner Stove: $3

CAMPING/BACKPACKING

- 2 Person Tent: $4
- 3 Person Tent: $5
- 4 Person Tent: $6
- 6 Person Tent: $7
- 0 Degree Sleeping Bag: $4
- 20 Degree Sleeping Bag: $3
- 45 Degree Sleeping Bag: $3
- Foam Sleeping Pad: $2
- Daypack (no internal frame): $2
- 5600/5000 cb.in. Internal Frame Packs: $4
- Lantern: $2
- Compass: $1
- Bike Lock: $1
- Mountain Bike (w/lock & helmet): $4
- Helmet: $1
- Bike Share Bike: FREE

COOKING EQUIPMENT

- Cooler: $2
- Cook Kit: $1
- Utensils: $1
- Coleman 2 Burner Stove: $3

CYCLING

- Bike Lock: $1
- Mountain Bike (w/lock & helmet): $4
- Helmet: $1
- Bike Share Bike: FREE

HOURS OF OPERATION

Outdoor Adventure Center
- Monday - Friday: 1 p.m. - 6 p.m. through March 18 (closed Sat-Sun)
- Beginning Saturday, March 19 the OAC will be open on Saturday and Sunday 10am-4pm

Climbing Wall
- Sunday - Thursday: 4 p.m. - 11 p.m.
- Friday: 4 p.m. - 8 p.m.
- Saturday: CLOSED

BIKE SHARE PROGRAM

Week Long Rentals!
- The Bike Share Program offers FREE week long bike rentals to students that come with a U-Lock, basket, and helmet.
- Cost: FREE
- Registration: Bikes are available on a first come, first serve basis.

Semester Long Rentals!
- The Bike Share Program has semester long hybrid bikes and longboards available for the fall semester. The bikes come with a U-lock and helmet.
- Cost: $30

BIKE MAINTENANCE CLINICS
- Learn how to repair simple issues on your bike including flat tires, broken chains and the day-to-day maintenance of riding. Available upon request.

WET EXIT CLINICS
- Hop in the pool and learn how to exit from our touring kayaks. Learn basic kayak terms, kayak boat parts, paddle strokes, how to safely enter a kayak from land, and how to exit from an overturned kayak and safe reentry!
PERSONAL TRAINING
Our Personal Training program is designed to provide our members with an individualized fitness program specifically designed for you, an efficient workout program with innovative ways to improve your health, and instruction on correct form and technique for cardiovascular exercise and strength training. Stop by the Pro Shop to complete a Personal Training Information Form or contact Lauren Mayes at lrmayes@odu.edu.

Cost:
- **Student Individual**: 3 sessions = $84
  6 sessions = $168
  9 sessions = $252
- **Student Buddy**: 3 sessions = $105
  6 sessions = $210
  9 sessions = $315
- **Member Individual**: 3 sessions = $105
  6 sessions = $210
  9 sessions = $315
- **Member Buddy**: 3 sessions = $132
  6 sessions = $264
  9 sessions = $396

MASSAGE THERAPY
Massage Therapy is a great way to help relieve pain (neck, shoulders, arms, etc.), headaches, stress, insomnia, and general tension. For an appointment, contact Hannah Twiddy, GA of Fitness & Wellness.

Cost:
- **Student**: 30 min. = $25
  60 min. = $45
  30 min. 10 pk = $210
  60 min. 10 pk = $410
- **Member**: 30 min. = $30
  60 min. = $60
  30 min. 10 pk = $270
  60 min. 10 pk = $540

CROSSFIT ODU
Location: SRC Monarch Training Zone-First Floor
This program will push you to your limits while performing constantly varied movements executed at high intensities.

Punch Card Cost:
- **Student**: 1 Punch = $5
  10 punches = $40
  20 punches = $80
- **Member**: 1 Punch = $10
  10 punches = $90
  20 punches = $180

For more information contact lrmayes@odu.edu.
POWER

P.O.W.E.R is a program designed to provide accessible and adapted recreational opportunities to students, faculty, and staff at ODU. Anyone who has any special health conditions (i.e., heart disease, osteoporosis, arthritis, diabetes, and any physical and sensory limitations, post-rehabilitation or any individual concerns for request.) In order to participate, you must turn in a medical clearance from a doctor. Participants are then evaluated and individualized programs are designed based on the initial assessment. Instructors provide assistance, supervision, and progression of exercise sessions for each participant. Stop by the Pro Shop to complete a POWER medical clearance form or contact Lauren Mayes, Coordinator for Fitness and Wellness at lrmayes@odu.edu.

WELLNESS COACHING

Have you lost your motivation to eat healthy or to exercise regularly? Are you feeling stressed and need assistance coping? We can help! Our Wellness Coaching program provides you with 12 coaching sessions with one of our fitness and wellness professionals who will assist in developing a personalized plan that evolves throughout the program as wellness goals are met and new goals are identified. For more information or to schedule an appointment, contact Lauren Mayes, Coordinator for Fitness and Wellness at lrmayes@odu.edu.

REC & WELL TREK

Rec & Well Trek is a free program offered to SRC members that is designed to equip the participant with the basic knowledge needed to begin their journey to a healthier lifestyle. The program consists of an initial assessment with one of our Fitness specialists that will assess your current level of fitness and body composition, followed by setup of the ActivTrax online fitness tracking system. You will have access to print off your daily, weekly, preprogrammed workouts on site or your own mobile device. There are many tracking tools including a nutrition component that will help you track your path to fitness and wellness. For more information stop by the Fitness Assessment office or Pro Shop in the SRC. For more information contact Hannah Twiddy, GA of Fitness & Wellness at htwiddy@odu.edu.
4TH ANNUAL ODU TRIATHLON AND SUPERHERO SPLASH & DASH
Date: May 22; 9:00am - 12:00pm
Location: SRC
The 4th Annual ODU Triathlon will incorporate swimming, biking and running around the ODU campus. This event has been sanctioned by the USA Triathlon Series as part of their 'Retro Race Series' for 2016. All levels are welcome and the event is friendly to para-athletes and all athletic abilities.

The Super Hero Splash and Dash is our youth event including a swim and run portion. Youth ages 6-14 are welcome to participate. The event is friendly to para-athletes and athletic abilities.

For more information contact Tamara Morgan, Assistant Director of Fitness & Wellness at tmorgan@odu.edu.